



Coping with Coronavirus: Useful Links & Contacts

An information sheet for consumers and the community

What is a novel coronavirus?

Coronaviruses are a large family of viruses that are known to cause illness such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). *Novel* coronavirus is a new strain of coronavirus that has not been previously identified in humans. The virus causes the respiratory disease known as COVID-19 (COroNaVirus Disease 2019). Symptoms include fever, coughing, a sore throat and shortness of breath. The virus can spread from person to person, but good hygiene can prevent infection.

What are the symptoms of COVID-19?

The common signs include a fever (37.3°C or higher), cough, sore throat, fatigue, or shortness of breath.

If you have any of these symptoms, phone your doctor or state health service immediately and seek advice.

What can I do to protect myself?

To protect yourself and others from infection practice good hand and respiratory hygiene including: cleaning your hands with soap and water or alcohol-based hand rubs; covering your nose and mouth with a tissue or flexed elbow when you cough or sneeze; avoiding contact with anyone who has symptoms such as fever, a cough, sore throat, fatigue, and shortness of breath; staying at least 1.5 metres away from others if you have to go out to buy groceries or medicine (and stay away especially from anyone who has symptoms); and staying home and following the advice of authorities.

Community Organisations

- Prostate Cancer Foundation of Australia
1800 22 00 99 / enquiries@pcfa.org.au
- Cancer Counselling
13 11 20
- Beyond Blue
1300 22 4636 / www.beyondblue.org.au
- Lifeline Australia
13 11 14 / www.lifeline.org.au
- Lived Experience Telephone Support Service (LETSS)
A peer-based mental health support line (5pm – 11:30 pm)
1800 013 755 / www.letss.org.au
- Youth Beyond Blue
1300 224 636
- eheadspace
1800 650 890

Other Information and support

- Australian Government – australia.gov.au
For the latest coronavirus news, updates and advice from government agencies across Australia.
- SBS Language – <https://www.sbs.com.au/language/coronaviruscoronavirus>
For information in different languages.



- Scam Watch – <https://www.scamwatch.gov.au/>
Be aware of scams related to the COVID-19 pandemic.

Financial difficulty

- National Debt Helpline – a <https://ndh.org.au/> or phone 1800 007 007.
- Talk to a financial counsellor – <https://ndh.org.au/talk-to-a-financial-counsellor/find-a-financial-counsellor/>
- Moneysmart – a <https://moneysmart.gov.au/covid-19-financial-assistance>
Government support if you're impacted by coronavirus
- MoneySmart Budget Planner – <https://moneysmart.gov.au/budgeting/budget-planner>
- Australian Banking Association – <https://www.ausbanking.org.au/campaigns/financial-hardship/>
Detailed information about financial difficulty support available.

Insurance and travel

- ACCC – a <https://www.accc.gov.au/media-release/advice-on-event-and-travel-cancellations-due-to-covid-19> - for Advice on event and travel cancellations due to COVID-19.
- Smart Traveller, Department of Foreign Affairs and Trade - <https://www.smarttraveller.gov.au/news-and-updates/coronavirus-covid-19>

Superannuation

- ATO – <https://www.ato.gov.au/Individuals/Super/Withdrawing-and-using-your-super/Early-access-to-your-super/#Compassionategrounds> – For information on applying for early superannuation access

Small business

- Australian Banking Association support for small business
<https://www.ausbanking.org.au/covid-19-relief-faqs/>

Coronavirus news and information

- Department of Health - <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert#travellers-and-visitors>

What else can I do to lower my risks of COVID-19?

If you are a smoker, quit immediately. Maintain a healthy, well-balanced diet, avoid or minimise alcohol consumption, keep a healthy weight, and ensure you get enough sleep and daily physical activity.

If you need support, we're here to help!

If you need support, reach out via 1800 22 00 99 or email enquiries@pcfa.org.au.

We are proudly supporting PCFA nurses caring for Australian men and their families in the fight against Coronavirus and prostate cancer – find out more via <https://www.blueheroes.com.au/>!